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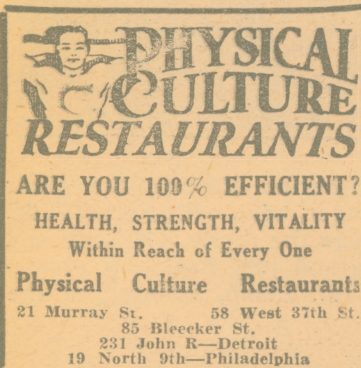
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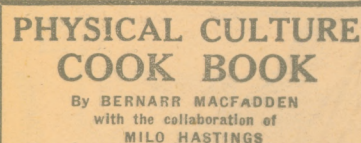
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By BERNARR MACFADDEN

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## Fasting Followed by a Diet Of Milk Rejuvenates the Body

This Method Is Recommended by Bernarr Macfadden as a Means of Health Restoration; Here Is the Scientific Explanation of the Way It Works

By MILO HASTINGS

For many years Bernarr Macfadden has advocated fasting as a practical method of treating disease and for the restoration and rejuvenation of the human body. He has furthermore insisted that one of the most common blunders made by the orthodox physician in the treating of disease is the feeding of sick people against their natural appetites—or rather lack of appetites.

Those who are interested in the practical applications of fasting as taught by Mr. Macfadden should secure his book upon that subject.

The present writer has not had the experience in conducting such fasts and does not care to assume the responsibility of advising individuals as to when they should undertake such fasts, or the various details to be observed in conducting them.

### General Effects Recorded

The purpose of the present article is rather to explain some facts observed in experimental laboratories where fasts have been conducted upon both men and animals as a matter of scientific research, not for the cure of particular diseases, but to observe the general effects upon the bodily processes.

These effects can be best generalized under the term of rejuvenation or the restoration of a youthful condition of the activities and conditions of the body as a whole and the individual cells that compose it.

### Youth, Age in Light of Health

Youth and old age are recognized by the scientist as having other meanings than the exact time that has elapsed since the day of birth. This is popularly expressed by saying that a man is as young as he feels.

Of course in human beings a great deal of this business of feeling older or younger than one's years is a matter of psychology, or of a youthful or oldish attitude of mind.

However, there are also distinctions between youth and old age that are purely physiological, and are not a matter of thinking at all, but which can be determined in a rat or a dog that doesn't know or care about its age.

### Oxygen Test

One of these distinctions is a matter of cell activity or metabolism, and this can be measured



MILO HASTINGS

for any living body as a whole by the rate of oxygen consumption. In youth the rate of metabolism is greater than in old age, and the young individual of a given body weight will consume oxygen faster than an older individual of the same weight.

This factor of the rate of metabolism is therefore an important measure of the effect of fasting, and gives us a way to test the assumption that fasting rejuvenates the body or restores to it a more youthful condition of activity.

### Careful Research

Upon this assumption researches were conducted at the University of Chicago. As the rate of metabolism varies with the individual, care was taken in each case to determine that rate before the fast, in order to have a fair basis of comparison for the effects after the fast.

In the two human subjects the rate of metabolism was found to be increased. The percentage of increase was 4.2 per cent. in a woman subject, and 2.1 per cent. in a man subject, after comparatively brief fasts of fifteen days.

### Greater Effect on Aged

This is not a very great difference. However, these subjects were in good health and in early middle life and there was no very great decay of the rate of metabolism or aging process to start with.

Such observations should obviously be reported upon individuals who are more in need of rejuvenation. Unfortunately, this type of observation required special laboratory apparatus that is not available for a man in private life.

As more conclusive evidence that we are here dealing with a principle that applies to all animal life are the observations upon various species of animals.

In the same laboratory in which the above studies were made three dogs were subjected to more prolonged fasts and with much more striking results. These dogs were fasted from thirty-seven to forty-one days each and lost from 39 to 45 per cent. of their original weights.

### 20 Per Cent. Increase

After the fasts had been completed and feeding resumed, the

dogs were found to have increased their rates of metabolism 19.3, 20.4 and 27.7 per cent. These rejuvenating effects did not merely occur while the dogs were regaining their weights, but continued long after the dogs had equaled and passed their pre-fasting weights.

### Similar to Growing Child

One dog, on which the observations were continued for five and a half months, still showed a rate of metabolism 6 per cent. greater than the period prior to the fast, although the dog was considerably older and ordinarily would have shown a decrease.

These effects of increased metabolism or rejuvenation of cell activity is not an effect due to the increase of weight after a fast, as the rates of oxidation in each case were calculated upon the weights of the body at the time, and therefore means a greater activity of the cells, just as the growing child shows a greater metabolism a pound of body weight, though his total activity may be less than an adult's because the child is smaller.

### Food More Fully Used

Another fact about the effect of fasting is that after a fast the body utilizes food more effectively. These dogs, after the fast, regained all the weight they had lost, and additional weight besides on the same exact rations which before the fast had only maintained their body weights. Such effects have been verified on many species of animals.

One observer found the rabbits, after a seventeen-day fast, put on 56 per cent. more weight with a diet that before the fast had merely maintained their weight.

### Food Cut in Half

Another scientist found that salamanders subjected to periodic fasting attained a final weight that was 1 per cent. greater than that of similar animals that had been fed all the time; but the remarkable fact about this was that the fasted animals grew this amount on just half as much total food as those that were fed regularly.

The writer has also fed white rats upon different schedules in which certain proportions of their days were fasting days, and found that the rats grew equally well when fed three days and then fasted one day, or fed six days and then fasted two days.

Please note that I am not advocating that children be fasted or fed in any such intermittent fashion. However, we certainly have enough evidence to discount the popular belief that the stuffing method of feeding ourselves will maintain the greatest cell activity upon which the retention of health and youth depend.

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